

## Beat the Summer Heat With Indoor Exercise

As the temperatures soar into the 90 degree range and above, indoor exercise is an alternative for staying physically active. Taking the stairs instead of the elevator during the workday is an excellent way to achieve a cardiovascular workout, while strengthening leg and hip muscles. Using the stairs requires little additional time, no wardrobe change and the benefits are great!

The Curtis State Office Building offers Kansas Dept. of Health and Environment staff a free fitness center on the Garden level, Suite 050 that includes weight machines, exercise bikes, treadmills, a stretch ball, and "light" hand-held free weights. The fitness center also offers shower facilities and a locker room for men and women. Employees who work at the Curtis Building or Forbes Field who prefer outdoor exercise, the Capitol Complex area and Forbes Field offer beautiful walking paths. The Capitol and Judicial Building have shaded walkways and benches for enjoyment.

Employees should be aware of heat-related illnesses caused by heat exhaustion and dehydration which could lead to heat stroke and could be fatal. Employees taking prescription medications should consult with their physician or pharmacist to assess sun and heat exposure risks. When exercising outdoors in the sun under high temperatures, wearing a hat and sunscreen with the highest UV protection is encouraged. Carrying an umbrella or wearing a wide-brimmed hat is also encouraged when walking.

The KDHE Health and Wellness Committee will host for employees and guests a 30-minute presentation "Sun Safety and Skin Cancer" by the American Cancer Society at 1:30 p.m. on Wednesday, Aug. 2 in the IT Video-conference Center, Curtis State Office Building, Suite 010. For more information call J.A. Ransom, (785) 296-1229.